

JULY 28, 1999



Members of the U.S. Biathlon team, left to right: Head Coach Algis Shalna, Grant Ernhart, Rachel Steer (also pictured below), Tauty Shalna (coach's son), Kara Salmela, Jay Hakkinen and assistant coach Al Serrano.

Biathletes Visit Midway

BY DAVE ANDERTON

Wave Editor

It was a short visit, but it made a lasting impression for members of the U.S. Biathlon Team.

On Friday, biathletes met with local residents at the Midway Picnic Shelter, sharing pizza and swapping stories of past Olympic experiences and future dreams. Residents even got the chance to shoot a laser rifle, a simulation of the sport's shooting sequences.

Biathletes complete stages of cross-country skiing, interspersed with shooting.

The team is led by Head Coach Algis Shalna, of Lithuania. Biathlon Director Lyle Nelson describes Shalna as "the best in world," a fitting designation. Representing the Soviet Union in 1984, Shalna took the gold in biathlon.

The team will return in February 2000 for the U.S. Nationals.

"It's going to be heads and tails above Nagano," said Grant Ernhart, 23, of Minn., referring to Soldier Hollow.



RECREATION

Inate 5K

, age 18, 26:10
9, 26:12, 2nd, women 19-34
17, 26:17
ge 13, 26:18, 2nd, girls 12-14
47, 27:09
1, age 14, 28:09, 3rd, girls 12-14
28:14, 1st, boys 12-14
0, 28:52, 3rd, women 19-34
13, 29:15, 2nd, boys 12-14
9:16
37, 29:56, 1st, 35 and up
16, 30:24
18
0:48
16, 31:07
31:07
58, 2nd, women 35 and over
e 57, 36:58
37:28, 2nd, men 19-34
37:28
28
1, 1st, men's wheelchair (record)
age 30, 45:21
e 55, 45:21, 3rd, 35 and up
5:21

for Tough ill Season

"The tournament helped us in a lot of ways," Tree said. "It gave the kids a chance to work together and build team spirit." Tree was also happy to see that the team members had a positive attitude, it's something that was lacking from last year's team and something the team is going to need in 1999.

"At times during the tourney I saw great team effort," Tree said. Considering the amount of time they had to practice and the fact they're working in a brand new system, I was very pleased."

One thing Tree is not pleased about is the number of people showing up for voluntary workouts and weight training. "I understand a lot of kids are attending camps and on vacation with their family at this time. But kids need to show some dedication if they want to be successful."

Mandatory twice a day practices begin Aug. 9. Tree hopes to see a lot more players by that time. Following is the summer workout schedule.

July 28 - 6 p.m. - 9 p.m.
July 30 - 6 p.m. - 9 p.m.
Aug. 2 - 6 p.m. - 9 p.m.
Aug. 3 - 6 p.m. - 9 p.m.
Equipment handed out to juniors and seniors.
Aug. 4 - 6 p.m. - 9 p.m.
Equipment handed out to sophomores and freshmen.
Aug. 9 - Mandatory twice a

Chisum Gardner Wins National Title



9 year old Chisum Gardner took a National Title in Kata against fifteen other competitors. Gardner was the number one seed in his competition.

BY LAREE O. PEDRO
Wave Staff Writer

Chisum Gardner has been doing well in National competition training under the Mason's American Sport Karate in Heber City.

His skill and determination payed off recently when he competed against fifteen other contestants and took the National Title in 'Kata'.

Gardner's year long competition seeded him number one going into the competition making him the total winner.

Chisum moved up to the advanced division this year. His third place in 'fighting' (a really tough division), and a fifth in 'forms' has proved training under the Mason's (for two years) pays off.

Chisum currently holds a blue belt in Tae Kwon Do. He is the son of Eric and Lisa Gardner of Wallsburg.

Mason's American Sport Karate did well at national competition as well.

Ayla Mason, who moved up to advanced division this year

had it a bit tougher. She still came home with a fifth in 'fighting' and a fifth in 'forms'.

Head instructor Marcia Mason placed second in both 35 and over, and Featherweight Sparring. Mason, one of the most requested judges on the circuit is very proud of all her students and hopes to put together a bigger group this year.

"We have some backers now. World champion Alex Armitage is coming up to coach sparring, and a 'Weapons' coach from the White Dragons in Ogden will be helping the team," said Mason.

"Excell Karate League (run by Carlos Ferrar, of Bountiful), added another district to the circuit, so we have twice as many to go to and more competition, which we like," said Mason.

The Karate school is moving to a new larger facility in November, and will continue to offer Cardio Karate, Yoga and Tae-Kwon-Do for all ages.

You can call Mason's at 657-0082 for more information. They are currently located at the Central Elementary school on Main Street in Heber City.

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Ian Harvey And His Drive for the Olympics

Part two of a three-part series.

BY RUDDY HEINTZ

Wave Sports Editor

"I'm only in this because it's in Heber Valley," Ian Harvey said of his decision to try and compete in biathlon in the 2002 Olympic Winter Games. "It's so convenient I can't turn it down."

Harvey may say and believe those words but a close look in the eyes of the athlete and it's easy to see that Harvey not only wants but needs to compete.

"Of course it's a goal of mine to make the Olympic team and compete for gold," Harvey admitted. "But my biggest goal is to be a good husband, father and businessman. I was a full-time athlete for 10 years. I have a new role now."

Harvey owns and operates Pioneer Sports, a wholesale distributor of sporting goods. Harvey has developed Toke ski wax, Yoko gloves and XL-1 sport drink and has been selling them for the past four years.

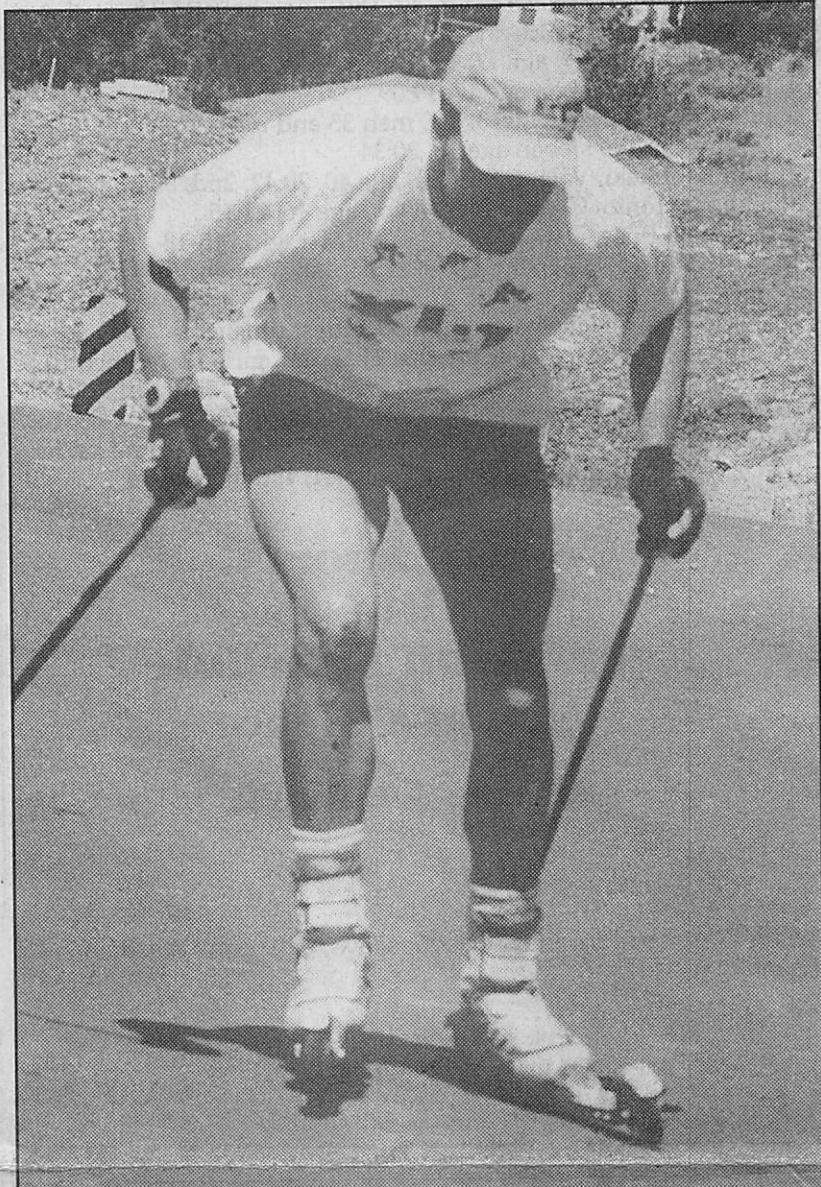
And although Harvey is very happy in his current position in life, he continues to train and follow his dream of Olympic gold.

Harvey hits the road almost every day, zipping through the Valley Hills area of Heber City. In addition to his training on skate skis, Harvey also does extensive mountain biking as part of his cross-training.

"In the summer I do a mountain bike race every Saturday," Harvey said. "On Sunday I do a roller-ski workout and then a classic ski workout. The classic ski works different muscles. On Monday, I do an intense roller-ski workout and then I go for a ride on the bike. Tuesday I do a mountain bike ride and Wednesday I do a power bike ride and a seated sprint. On Thursday, I do an easy road ride and I rest up on Friday to prepare for my Saturday race."

Of course, Harvey only means that he gives himself a rest from the bike. "I train on the skate skis every day," he said.

Harvey's bike riding for the past two and a half years has



Ian Harvey trains on his ski/skates in the Timp Meadows area of Heber City.

country skiing has been my life ever since I was young," Harvey said. "I think I do well because of my cross-country skiing in the winter. People may take cross-country results for granted. When summer and mountain biking season comes around, I'm already in good shape. Other people have to work harder than

I do only because I don't sit around all winter."

Sitting around is one thing nobody will ever accuse Harvey of doing. This athlete has done what many people only aspire to

Next week Harvey reaches his goals.



High School Runners Domi

Heber City placed 24 runners in the annual 5K run at Charleston's July 24 celebration.

But it was local runner Dan Powers who was the fastest runner. The 17-year-old finished in 18:12. The top female runner was Jessianna Rose. She posted a 21:32 to take first in the girls age 15-18 division and ninth overall.

Most of the runners were from Wasatch County but there were runners from other parts of the state and even couple out-of-staters. There were several age divisions for both the men and women. The top three places were awarded so most of the runners came away with an award. And every participant, regardless of how they finished, had a good time.

Cameron Lowry, at 9 years old was the youngest finisher, placing 17th, while 13-year-old Lindsay Adams was the youngest finisher for the girls. Adams placed 13th overall. Her time of 23:15 was a record for the girls ages 12-14 division. The oldest finisher was Heber's Verle Tolley, who at age 62 ran a 22:56 to place 12th overall. Another record was set by Mike Carter of Heber. The 29-year old took first in the men's wheelchair division with a time of 38:11.

Following are the results of all the finishers.

1. Dan Powers, Charleston, age 17, 18:12, 1st, boys 15-18
2. Braden Duncan, Midway, age 16, 18:24, 2nd, boys 15-18
3. Curt Jones, Heber, age 17, 18:28, 3rd, boys 15-18
4. Kellen Jones, Heber, age 17, 19:09
5. John Crook, age 42, 20:13, 1st, men 35 and over
6. Danny Carlile, Heber, age 16, 20:34
7. Tom Babiracki, Valencia, Calif., age 40, 20:42, 2nd, 35 and up
8. Justin Antonio, Green River, Wyo., age 16, 21:15
9. Jessianna Rose, Daniel, age 15, 21:32, 1st, girls 15-18
10. Amy Kutsulis, Heber, age 28, 22:04, 1st, women 19-34
11. Jack Rose, Daniel, age 49, 22:51, 3rd, men 35 and over
12. Verle Tolley, Heber, age 62, 22:56, oldest finisher
13. Lindsay Adams, Heber, age 13, 23:51, 1st, girls 12-14 (record)
14. Sara Rodriguez, Provo Canyon, age 17, 24:14, 2nd, girls 15-18
15. Marie Olpin, Heber, age 16, 24:58, 3rd, girls 15-18
16. Cameron Lowry, Midway, age 9, 25:19, 1st, boys 11 and under
17. David Covington, Heber, age 31, 25:41, 1st, men 19-34

County Sports, Activities & Recreation Schedule

Month at a Glance

Events Scheduled

Water Aerobics, Mondays-Wednesdays, 9-10 p.m., Wasatch Middle School

Participate in what is considered to be one of the best all-around fitness sports. Cost is \$2 per class

Arts in the Park

Arts in the Park, gives kids a chance to take part in several different fun activities and gives them a creative outlet for their energy. Today's program is at the Heber City park today from 1 to 3 p.m. The program will continue on a schedule of Mondays in Wallsburg, Tuesdays in Midway and Wednesdays in Heber through July.

Junior Ranger Program, July 31, 12:30 p.m., Jordanelle State Park/Rock Cliff

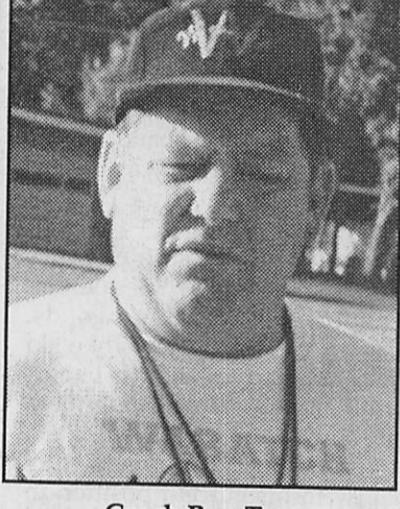
This program gives kids ages 6-12 an appreciation for habitat, conservation and their role. Junior rangers receive a badge and certificate upon completion of the program

Wasatch Junior league football sign-ups July 28-29, 6-8 p.m., Old North School

Grab your Nikes and just do it. Sign up to play junior league football, that is. The last available time to sign-up to play football this year is July 20 at the High School Football Field from 5 to 7:30 p.m. For more info call Neil Kleg at 654-7060. Mike Wren at 657-1919 or Tom Bonner at 657-2304.

18. Mary Southwick, Charleston
19. Olivia Lowry, Midway, age 1
20. Beckie Lowry, Midway, age 1
21. Camille McDonald, Heber, a
22. Rich Williams, Midway, a
23. Ana Rodriguez, Provo Can
24. Micah Williams, Heber, ag
25. Alisa Crittenden, Heber, a
26. Cullen Duncan, Midway, a
27. Tiffany Duncan, Charlest
28. Mandy Williams, Midway,
29. Kendra Crittenden, Heber,
30. Alan Bluth, Heber, age 54,
31. Mark Adams, Heber, age 4
32. Holly Bowthorpe, Heber, a
33. Rachel Kohler, Heber, age 2
34. Mary Bluth, Heber, age 54,
35. Bob Brown, Salt Lake City,
36. Mark Nichols, Heber, age 2
37. Carrie Nichols, Heber, age
38. Sam Quealy, Heber, age 30,
39. Mike Carter, Heber, age 29,
40. Sharie Giles, North Salt Lal
41. Annette Bowthorpe, Heber,
42. Robyn Probst, Heber, age 2

Tree Readies 1999 Footba



Coach Ron Tree

Ron Tree isn't sure what to think. The Wasatch High School coach is getting ready to undertake a tremendous job. Turn around a Wasp football team that seems to have forgotten how to win. What has Coach Tree puzzled is that with less than two weeks until practice officially begins, he still isn't sure what he has to work with.

Although about 80 kids showed up for the WHS football camp, several key players were involved in some other activity that prevented them from attending.

Tree took 18 of his campers to a pre-season tournament in Grantsville after the camp. The team did not perform well. Still, Tree was encouraged with what he saw at camp and the tournament.

Camp Gives A